

Messenger Rising – The Monk's Code – Parts 1 through 3

Compiled by "Phil G. the Knowbody"

Overview of the included Messenger Rising originals:

The Monk's Code Part 1:

- 00 - Intro by Alan Watt: "There is Freedom in Knowing"
- 01 - Accountability, Acceptance And Letting Go
- 02 - Abraham Maslow's Hierarchy Of Needs Reconsidered
- 03 - Leaving The Battlefield
- 04 - Patience Is A Male Virtue
- 05 - Self Immolation, Neglect And Self Harm
- 06 - The Changing Personality, Withdrawal And Benefits Of Social Isolation
- 07 - Alone
- 08 - Keep Your Coins, I Want Change
- 09 - Let Go Of Your Guilt, You Were Programmed For Manipulation
- 10 - Why Are You Here?
- 11 - Inspirations And Observations
- 12 - Accepting Reality
- 13 - Time And Tide Wait For No Man
- 14 - The Right To Be An Outsider
- 15 - Existentialism And The Individualist vs. The Collectivist

The Monk's Code – Part 2

- 00 - Intro by Alan Watt: "There is Freedom in Knowing"
- 01 - Introspection - The Courage To Look Inside
- 02 - Thanatos
- 03 - Are We Insane? The Backfire Effect & Cognitive Bias
- 04 - Apathy and Legacy
- 05 - Nature vs. Nurture vs. Man
- 06 - The Exploitation Of Male Virtues
- 07 - Moths To The Flame And The Reconditioned Man
- 08 - A Cult Of One
- 09 - True Autonomy
- 10 - The Purple Pill Of Insanity
- 11 - Wolves In Sheep's Clothing
- 12 - Building New Lives

The Monk's Code – Part 3

- 01 - Rise N' Shine Drop Knowledge
- 02 - Onwards And Upwards
- 03 - Male Autonomy
- 04 - Loss Of Identity, Bad Habits & The Blues
- 05 - The Meat Grinder - Finding Meaning
- 06 - The Endless Oppression Of Men
- 07 - Nonconformist Man
- 08 - Prisons Are Full Of Criminals And Men Who Have Made Mistakes
- 09 - (Bonus) What Are You Looking For?